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**Sources of Educational Materials About the
Food Guide Pyramid
June 1993**

Many organizations have developed materials that feature the Food Guide Pyramid. The following materials are available from the source listed. Contact the source to verify prices and other ordering information.

This list does not include all materials that have been developed featuring the Food Guide Pyramid. It is meant to be a tool to help educators locate materials on this topic. These materials are not recommended nor endorsed by the U.S. Department of Agriculture.

Audiovisuals

1. **Food Guide Pyramid.** (1993)
14 min. VHS video, \$69.95
Contact: National Health Video, Inc.
12021 Wilshire Blvd., Suite 550
Los Angeles, CA 90025
310-472-2275
2. **Secrets of the Food Pyramid.** (1992)
13 min. VHS video; \$10.00 to purchase; \$5.00 to rent; plus \$5.00 postage and handling
Contact: Kansas LEAN
Kansas Dept. of Health and Environment
1919 N. Amidon
Wichita, KS 67203
913-296-1500

Curriculum Guides/Lesson Plans

1. **Check Your 6 Educational Packets.** (different packets for preschool, elementary, secondary, food service, and supermarkets) Packets include posters, camera-ready copies of handouts, activity ideas, and resource lists. Call for prices.
Contact: Kansas LEAN
c/o Check Your 6
1919 N. Amidon
Wichita, KS 67203
316-838-6755

2. **Delicious Decisions: Food Choices to Grow On!**
Curriculum for grades kindergarten through six. Includes food picture cards, educator's guide, and poster. \$14.50 plus \$3.00 shipping and handling
Contact: Dairy Council of Wisconsin
999 Oakmont Plaza Drive, Suite 510
Westmont, IL 60559
800-325-9121
3. **Pyramid Plus**
Lesson plans and instructor's guide for high school students. Includes transparencies, handouts, and poster.
Out-of-state: \$15.00 plus postage for 1-99 sets; \$13.50 for >100 sets; In-state: Call for prices.
Contact: Nutrition Education Services
Oregon Dairy Council
10505 S.W. Barbur Blvd.
Portland, OR 97219
503-229-5033

Brochures/Handouts

1. **Check Your 6.**
consumer self-evaluation cards for \$.05 each, bookmarks for \$.05 each plus \$5.00 for postage and handling
Contact: Kansas LEAN
c/o Check Your 6
1919 N. Amidon
Wichita, KS 67203
316-838-6755
2. **Delicious Decisions** mini poster.
\$.10 each
Contact: Dairy Council of Wisconsin
999 Oakmont Plaza Drive, Suite 510
Westmont, IL 60559
800-325-9121
3. **The Food Guide Pyramid** (Home and Garden Bulletin No. 252)
For single copies send \$1.00 to:
Consumer Information Center
Dept. 159-Y
Pueblo, CO 81009
For bulk copies in lots of 100 for \$65.00 contact: (Use stock no. 001-000-04587-3.)
Superintendent of Documents
U.S. Government Printing Office
Washington, DC 20402
202-783-3238

4. **Food Guide Pyramid: A Guide to Daily Food Choices** (Leaflet no. 572), single copy free
Contact: USDA/Human Nutrition Information Service
6505 Belcrest Road, Room 328-A
Hyattsville, MD 20782
301-436-7725
5. **The Food Guide Pyramid: Beyond the Basic Four.**
\$.50 each, lot of 100 for \$20.00, lot of 1,000 for \$175.00 plus shipping and handling.
Contact: Publication Sales
Food Marketing Institute
800 Connecticut Ave., NW
Washington, DC 20006-2701
202-452-8444
6. **Food Pyramid Handout.**
Camera-ready copy. Adult level.
\$9.95 with video (see Audiovisual section); \$14.95 without video
Contact: National Health Video, Inc.
12021 Wilshire Blvd., Suite 550
Los Angeles, CA 90025
310-472-2275
7. **Good News Letter**, March-April 1993, vol. III, issue 3
This issue features the Food Guide Pyramid. Free
Contact: American Institute for Cancer Research
1756 R Street, NW
Washington, DC 20069
202-328-7744
8. **How to Steer Your Family to Healthier Eating.**
Free
Contact: MetLife
Health and Safety Education (16UV)
One Madison Avenue
New York, NY 10010-3690
212-578-2211
9. **The New Food Pyramid.**
Free
Contact: USA Rice Council
P.O. Box 740121
Houston, TX 77274
713-270-6699

10. **Pyramid Plus.** (for high school students)
For out-of-state: \$.15 each for up to 999 copies; \$.13 for >1,000 copies; In-state: Call for prices.
Contact: Nutrition Education Services
Oregon Dairy Council
10505 S.W. Barbur Blvd.
Portland, OR 97219
503-229-5033
11. **What's On Your Plate.** (for children)
\$7.55 for package of 50; \$12.25 for package of 100; plus \$3.50 postage and handling per order
Contact: McDonald's Educational Resource Center
800-627-7646 or
McDonald's Customer Relations
McDonald's Corporation
Oak Brook, IL 60521
708-575-6198

Posters

1. **1993 National Nutrition Month Poster.** (No. 9301)
\$4.50 each plus shipping and handling; call for quantity discounts
Contact: National Center for Nutrition and Dietetics
The American Dietetic Association
216 W. Jackson Blvd.
Chicago, IL 60606-6995
800-877-1600 ext. 5000 for ADA Members
800-745-0775 ext. 5000 for general public
2. **Delicious Decisions.**
\$1.25 each plus \$3.00 shipping and handling
Contact: Dairy Council of Wisconsin
999 Oakmont Plaza Drive, Suite 510
Westmont, IL 60559
800-325-9121
3. **Food Guide Pyramid.**
Free
Contact: Cheerios
800-247-4393 (Leave your name and address in the voice mail.)
4. **Food Guide Pyramid: A Guide to Daily Food Choices.** (Misc. Publication no. 1503), single copy free.
Contact: USDA/Human Nutrition Information Service
6505 Belcrest Road, Room 328-A
Hyattsville, MD 20782
301-436-7725

5. **Food Guide Pyramid: A Guide to Daily Food Choices.** (Code no. 17-507), \$1.50 each plus shipping and handling.
Contact: National Live Stock and Meat Board
444 North Michigan Avenue
Chicago, IL 60611-9909
800-368-3138 (in Illinois 312-670-9440)
6. **Grains: If You Knew Half the Story, You'd Eat Twice as Much,** \$.30 each
Contact: Kansas LEAN
c/o Check Your 6
1919 N. Amidon
Wichita, KS 67203
316-838-6755
7. **The Nutrition Food Pyramid.**
\$16.00 each plus shipping and handling. Call for quantity discounts.
Contact: Great Performance
14964 NW Greenbrier Parkway
Beaverton, OR 97006-5776
800-433-3803
8. **Tyson Food Guide Pyramid Poster.**
\$1.25 plus shipping and handling
Contact: Tyson Foods Pyramid Poster Offer
P.O. Box 9011
Springfield, MO 65808
800-424-4253
501-756-4000 (Phone numbers are for Tyson Food Service in Springdale, AZ.)

Books

1. **Chuckleberry Climbs the Food Pyramid.**
50 page book, includes lessons, stories, games, and a puppet script. For children. \$12.50 plus 15% postage. The Merry Chuckleberry puppet available for \$14.95 plus 15% postage.
Special: puppet and book for \$24.95 plus 15% postage.
Contact: Yummy Designs
P.O. Box 1851-FN
Walla Walla, WA 99362
509-525-2072

Other Materials

1. **1993 National Nutrition Month Materials.**
Materials featuring the pyramid include: bookmarks, table tents, traymats, and placemats. Call for prices.
Contact: National Center for Nutrition and Dietetics
The American Dietetic Association
216 W. Jackson Blvd.
Chicago, IL 60606-6995
800-877-1600 ext. 5000 for ADA Members
800-745-0775 ext. 5000 for general public
2. **Check Your 6.**
table tents \$.35 each, lapel buttons \$.25 each
Contact: Kansas LEAN
c/o Check Your 6
1919 N. Amidon
Wichita, KS 67203
316-838-6755
3. **CSPI's Healthy Eating Pyramid. (table tent)**
paper copy \$5.00; plastic copy \$29.95
Contact: Center for Science in the Public Interest
1875 Connecticut Ave., NW
Suite 300
Washington, DC 20009-5728
202-332-9110
4. **Five Food Group Stickers.**
\$3.50 for 35 sets of five stickers plus \$3.00 postage and handling.
Contact: Dairy Council of Wisconsin
999 Oakmont Plaza Drive, Suite 510
Westmont, IL 60559
800-325-9121
5. **Food Guide Pyramid Bulletin Board Set.**
Contains photographs, a reproducible pyramid, and an activity guide. \$5.99
Contact: NASCO
901 Janesville Avenue
Fort Atkinson, WI 53538-0901
414-563-2446
6. **Food Guide Pyramid Table Tent.**
\$2.00 each
Contact: Purdue University Cooperative Extension Service
Media Distribution Center
301 S. Second Street
Lafayette, IN 47901-1232
317-494-6794

7. **Nasco's Eating Right Kit.**
Contains Nasco food models (approximately 40 models) for each of the food groups in the Pyramid and a poster produced by the Dairy Council of Wisconsin. \$150.00.
Contact: NASCO
901 Janesville Avenue
Fort Atkinson, WI 53538-0901
414-563-2446
8. **Pyramid Magnet.**
Produced by South Dakota NET Program. Call for current prices.
Contact: Donna Mae Johnson
tj Specialties
HCR 37, Box 181
Pierre, SD 57501
605-224-5619

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